

Reebok

User's Manual T9.5



User's Reebok T9.5-20100513

POLAR
Heart Rate Technology

Dear Customer,

We are pleased, that you have chosen a Reebok Fitness Equipment. This quality product has been designed for light commercial tested and certified according to the European Norm EN 957-1/6. Please carefully read the instructions prior to assembly and first use and be sure to keep the instructions for reference and maintenance. After assembly, please be sure the running belt and running deck have well lubricating.

We wish you lots of success and fun while training,

Your Reebok – Team

Warranty

Reebok quality products have been designed and tested to meet the needs and requirements of a committed Fitness-Training of light commercial use. This product is tested to the European Standard EN 957.

Reebok warrants to the original purchaser 2 years against possible defects in material and workmanship.

Excluded from warranty are wearing parts and damages caused by misuse of the product. In the case of claim please contact your specialist dealer.

The warranty period starts at the date the product was purchased (please carefully retain your sales receipt).

Detailed warranty terms you can find at: www.reebokfitness.co.uk

Customer Service

To best possible support you in the case of problems with your product, we would ask you to please quote the product Model Name and Serial Number.

These can be found on the sticker underside your product.

Modelname:

Serialnumber:

Frequently asked questions (FAQs):

If you have any questions about your product or the assembly or meet a problem with the handling, you can find help at:

www.reebokfitness.co.uk → Service → FAQs

Spare Part Order:

By giving the serial number of your product you can order spare parts on our homepage:

www.reebokfitness.co.uk → Service

Waste Disposal



Reebok products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

Contact

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Advice

The owner's manual is only for the customer reference. **Reebok** can not guarantee for mistakes occurring due to translation or change in technical specification of the product.

Precautions

Before assembling or using the treadmill, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering of replacement parts.

- **Product-Scope:** This product is made for home use only and tested up to a maximum body weight of 180 kilograms.
- **Product-Performance:** This treadmill is tested to the European Standard EN 957-1/6 HA. The equipment is not suitable for therapeutic training.
- **Product-Scope: Noise compliance:** This treadmill meets the requirements of the noise pollution standards.
- **Product-Performance:** The noise creation of treadmill is under 70db.
- **Product-Maintenance:** For keeping the run quality use the provided silicon spray every month or after a working time of 100 kilometers between the belt and the running surface.
- **Product-Maintenance:** Search for noisy parts: If you should notice unusual noises, like grinding, clacking etc. try to locate it and have it repaired by a professional. Make sure the treadmill is not used until after repairs have been made.
- **Product-Feature:** The speed can be changed by the computer.
- **Use-Safety:** The function of the immobilization method: The purpose of immobilizing the treadmill is to prevent unauthorized use. This can be accomplished by removing the Safety Key from the console, unclipping it from the cord and putting it in a non-accessible place
- **Use-Safety:** The emergency dismount: Follow the steps listed below if you experience pain, feel faint or need to stop your treadmill in an emergency situation: 1. Grip handrails for support 2. Step onto the lateral platform 3. Pull the Safety key off the console.
- **Use-Safety:** The function of the emergency stop: The Safety Key functions as the emergency stop. In an emergency situation, remove the Safety Key from the console and the treadmill will come to a stop.
- **Use-Scope:** The exerciser may not be used by persons with a weight of over 180 kg.
- **Use-Scope:** This product is designed for the physical exercise by adults. Please ensure that children only use it under adult supervision
- **Use-Environment:** Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- **Use-Environment:** Ensure that sufficient space is available to use the home exerciser with 2m long x 1m wide of clearance behind it and 1m of clearance for its flanks.
- **Use-Environment:** Place the home exerciser on an even, non-slippery surface.
- **Use-Environment:** Please ensure that liquids or perspiration never enter the electronic.
- **Use-Environment:** Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage, covered patio or near water.
- **Use-Environment:** The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial use.
- **User-Health:** Consult your physician before starting with any exercise programs to receive advice on the optimal training technique.
- **User-Health:** Incorrect/excessive training can cause health injuries.
- **User-Health:** If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, stop training immediately and consult your physician.
- **Product-Preparation:** Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- **Product-Preparation:** Follow the steps of the assembly instruction carefully.
- **Product-Preparation:** Only use suitable tools for assembly and ask for assistance if necessary.
- **Product-Preparation:** Only use original Reebok parts as delivered (see checklist).
- **Product-Preparation:** Tighten all adjustable parts to prevent sudden movement while training.
- **Product-Preparation:** We suggest using an equipment mat to prevent damage on the ground.

- Use-Instruction: Please follow the advice as per correct training technique as detailed in the instructions.
- Use-Instruction: Do not use the home exerciser without shoes or with loose fitting footwear.
- Use-Safety: Be aware of the position and proper fixation of adjustable or moving parts while mounting or dismounting the home exerciser.
- Use-Safety: Allow the belt to fully stop before dismounting.
- Use-Safety: Pay attention: never insert any part of your body or clothes into the body of the treadmill while it is running or ready for use.
- Use-Safety: Attach the emergency stop cord to your clothing before starting the treadmill. The Treadmill has an emergency stop mechanism for your safety. Before starting your workout, fasten the cord of the safety key to your clothing. If the treadmill has been shut down by removing the safety key, restart it by reinserting the key. An automatic restart of the treadmill belt does not occur. An unmonitored use of the treadmill by other people can be prevented by removing the safety key and keeping it safely hidden. In case of any emergency, hold on tightly to the handrail or handle bar with both hands and leave the treadmill by means of the anti-slipping surface of the lateral platform. Activate the emergency stop mechanism (safety cut-out).
- Use-Safety: Please keep the safety key in a safe place and ensure that it is kept out of reach of children!
- Product-Power-Safety: The unit requires a power supply of 220V – 230V / 50Hz. It should be connected to a safety socket with a dedicated 10A fuse. Before powering on and using the unit confirm that the unit is plugged into the appropriate power supply (observe markings) has been connected properly.
- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 months. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the user should refrain from using the equipment until this has been done.
- Product-Maintenance: Only use original Reebok replacement parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician/mechanic.
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.
- Product-Maintenance: After assembly, please be sure the running belt and running deck have well lubricating.

Check List

2



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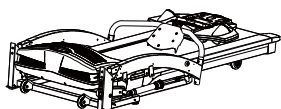
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44



A



B



C



F



G



No	Description	Quantity
2	Safety Key	1
3	Cross Brace	1
10	Handlebar Cover – LL	1
11	Handlebar Cover – LR	1
12	Handlebar Cover – RL	1
13	Handlebar Cover – RR	1
26	Adjustable Cylinder	2
27	Upright Support Tube	2
41	Upright Plastic Shroud – LL	1
42	Upright Plastic Shroud – LR	1
43	Upright Plastic Shroud – RL	1
44	Upright Plastic Shroud – RR	1
A	Main Frame Assembly	1
B	Front Handlebar Assembly	1
C	Handlebar Assembly	2
F	Silicone	1
G	Power Cord	1

HARDWARE

4



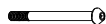
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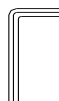
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A



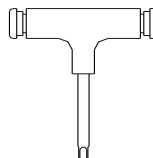
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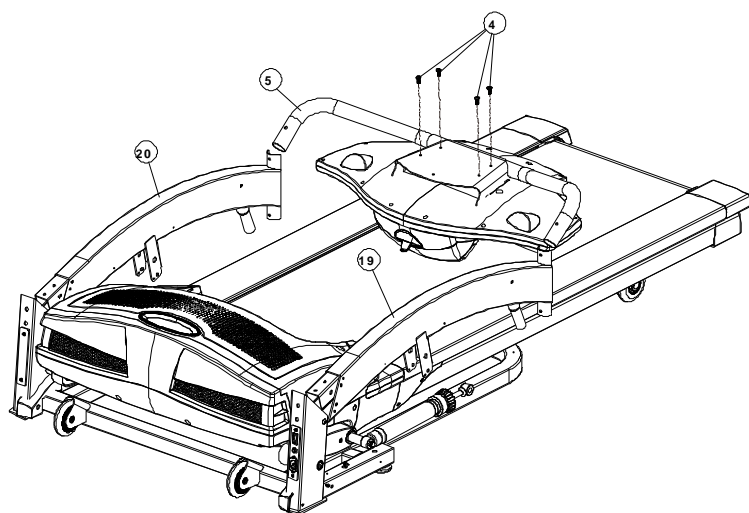


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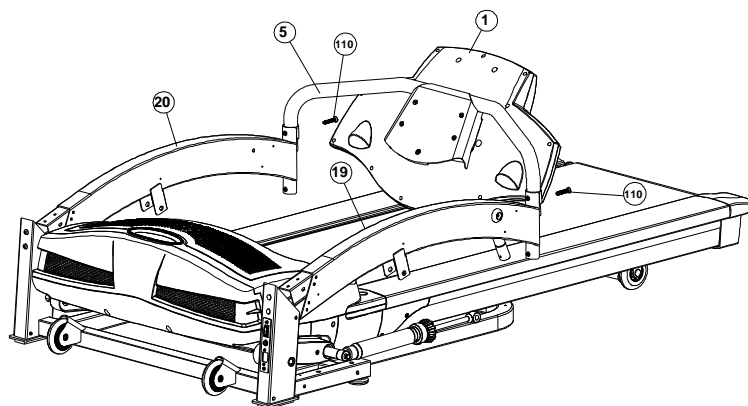


No	Description	Quantity
4	M6x55mm Bolt	4
8	#8x16mm Screw	20
9	#8x25mm Screw	8
18	M8x95mm Bolt	2
21	Shaft 13 x 56mm	2
25	M6x15mm Allen Head Bolt	2
28	M8x15mm Allen Head Bolt	8
106	Upright Cover	2
107	M6x10mm Screw	4
109	Metal Cap	2
110	M8x55mm Flat Head Bolt	6
131	M10x20mm Flat Head Bolt	4
132	12x5xT1.0 washer	8
133	M6x15mm Screw	1
A	Slotted Screwdriver	1
B	5mm Wrench – L	1
C	Screwdriver – L	1
D	6mm Allen Wrench	1

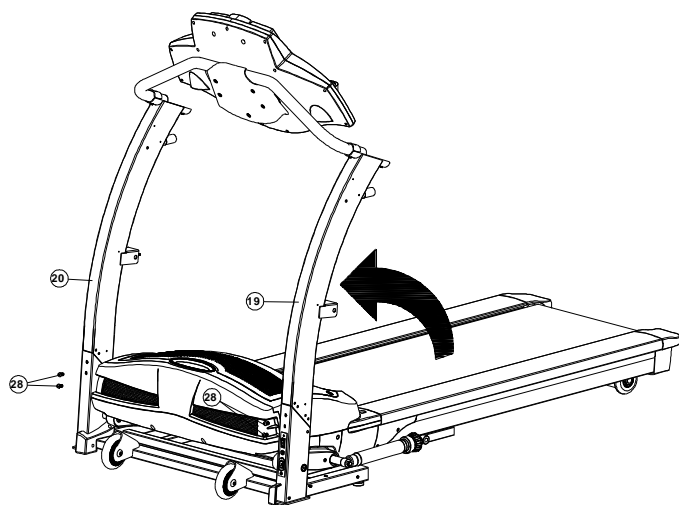
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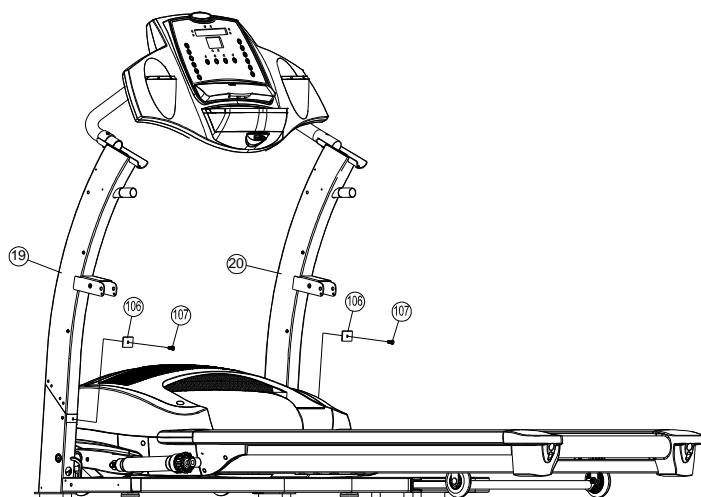
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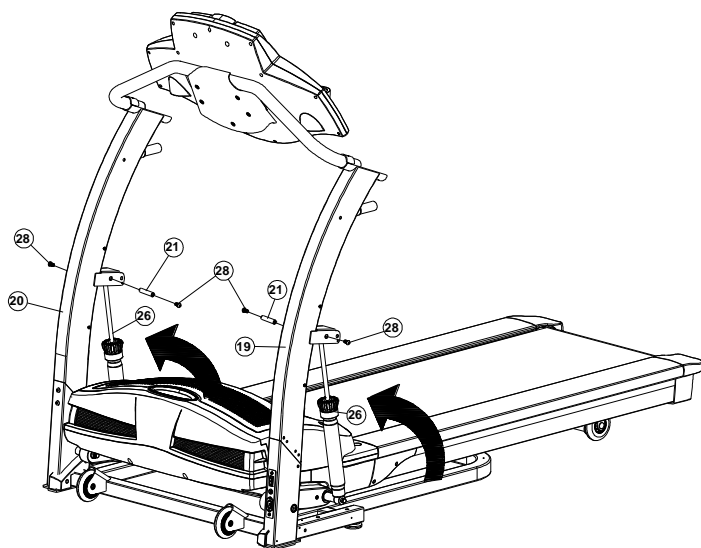
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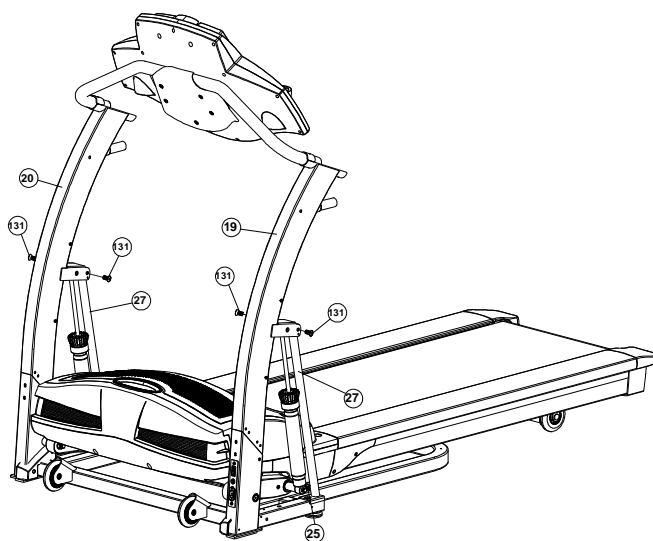
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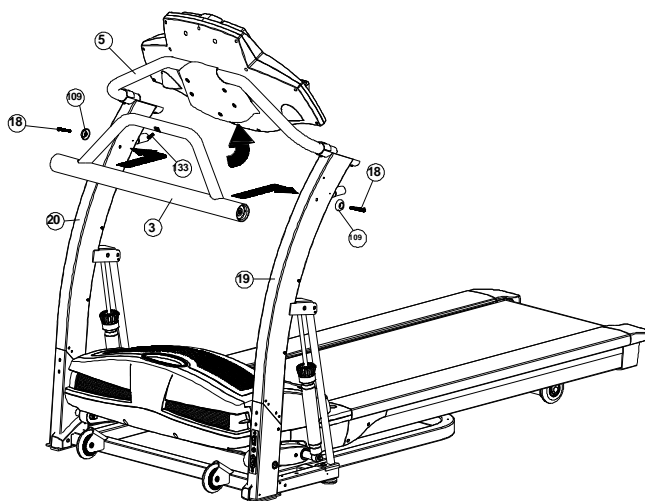
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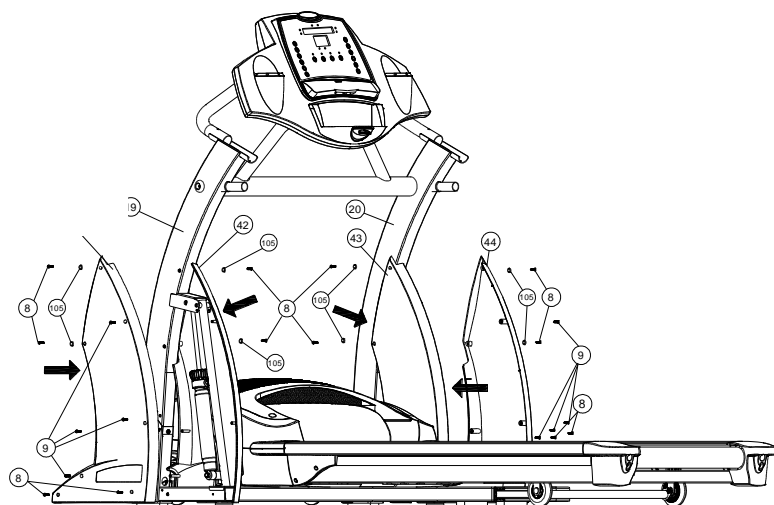
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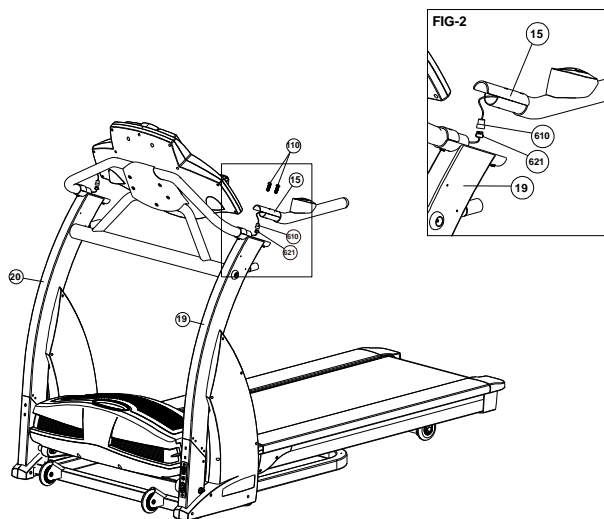
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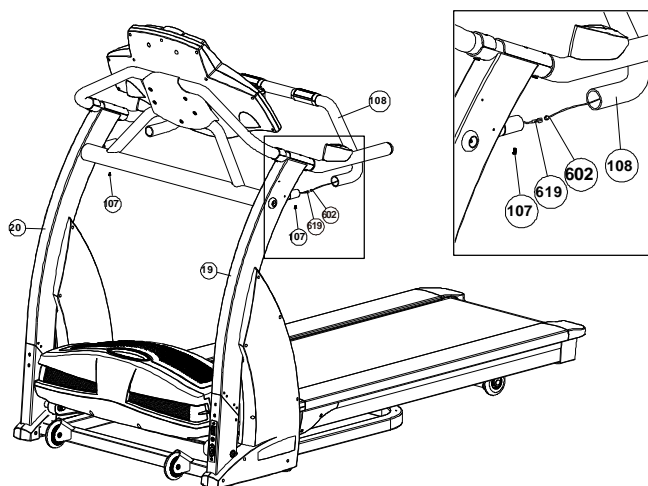
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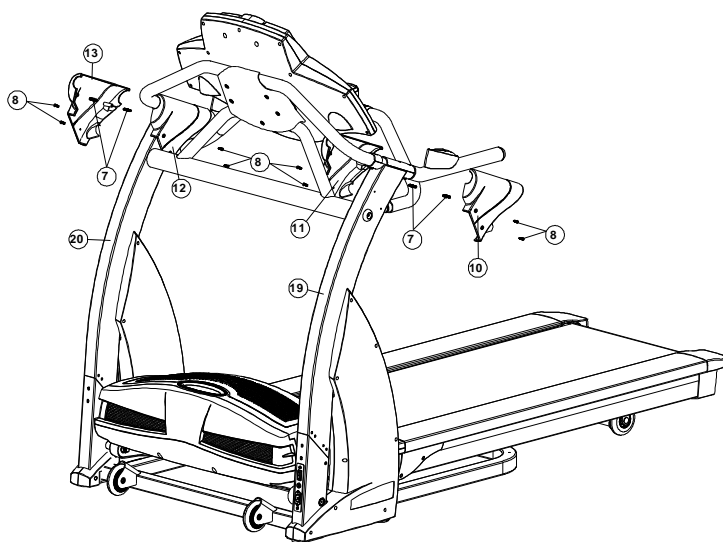
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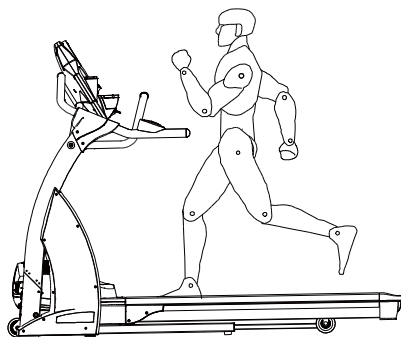
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Correct use



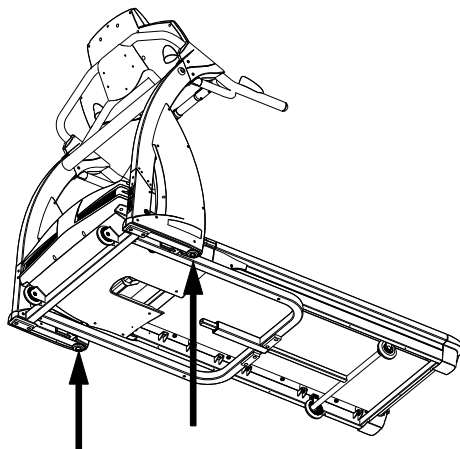
GB

Correct biomechanical position: Please refer to left picture. Running straight on the treadmill is made easier by focusing on a fixed object in front of you in the room. Run as if you wanted to approach the object. Always keep a distance which you can reach the front hand bar.

Major exercise type: This equipment focuses on your lower body, and it can train your muscle of thigh and shank.

Important: Incorrect/excessive training can cause health injuries.

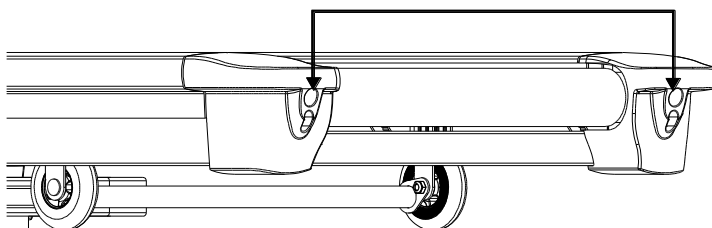
FOLLOW THESE INSTRUCTIONS TO LEVEL YOUR TREADMILL:



First locate the two adjustable stabilizers under the base frame. Then simply rotate them in or out to adjust the level of the treadmill. When properly adjusted the treadmill should sit firmly on both stabilizers and all cushions.

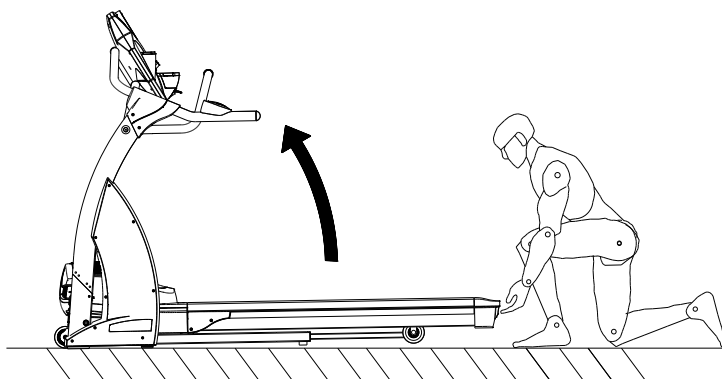
An uneven floor or improper stabilizer level can cause the treadmill to wobble during use as well as the incline adjustment to function incorrectly. Please follow the procedure described below to make sure the treadmill stabilizer is adjusted correctly prior to use. You may need the assistance of another person to perform this adjustment.

MAINTENANCE

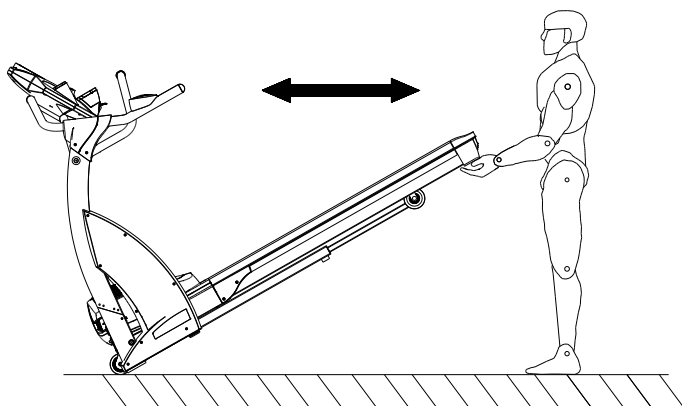


WARNING! Do not over tighten rollers! This will cause premature roller bearing failure!

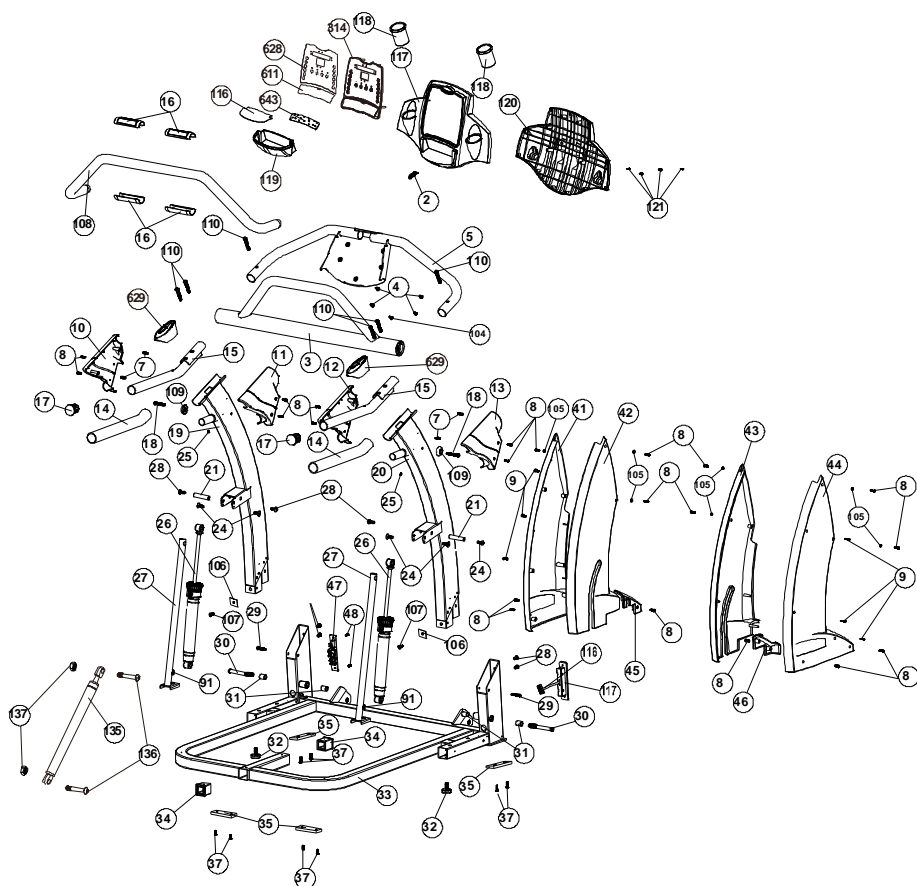
Move

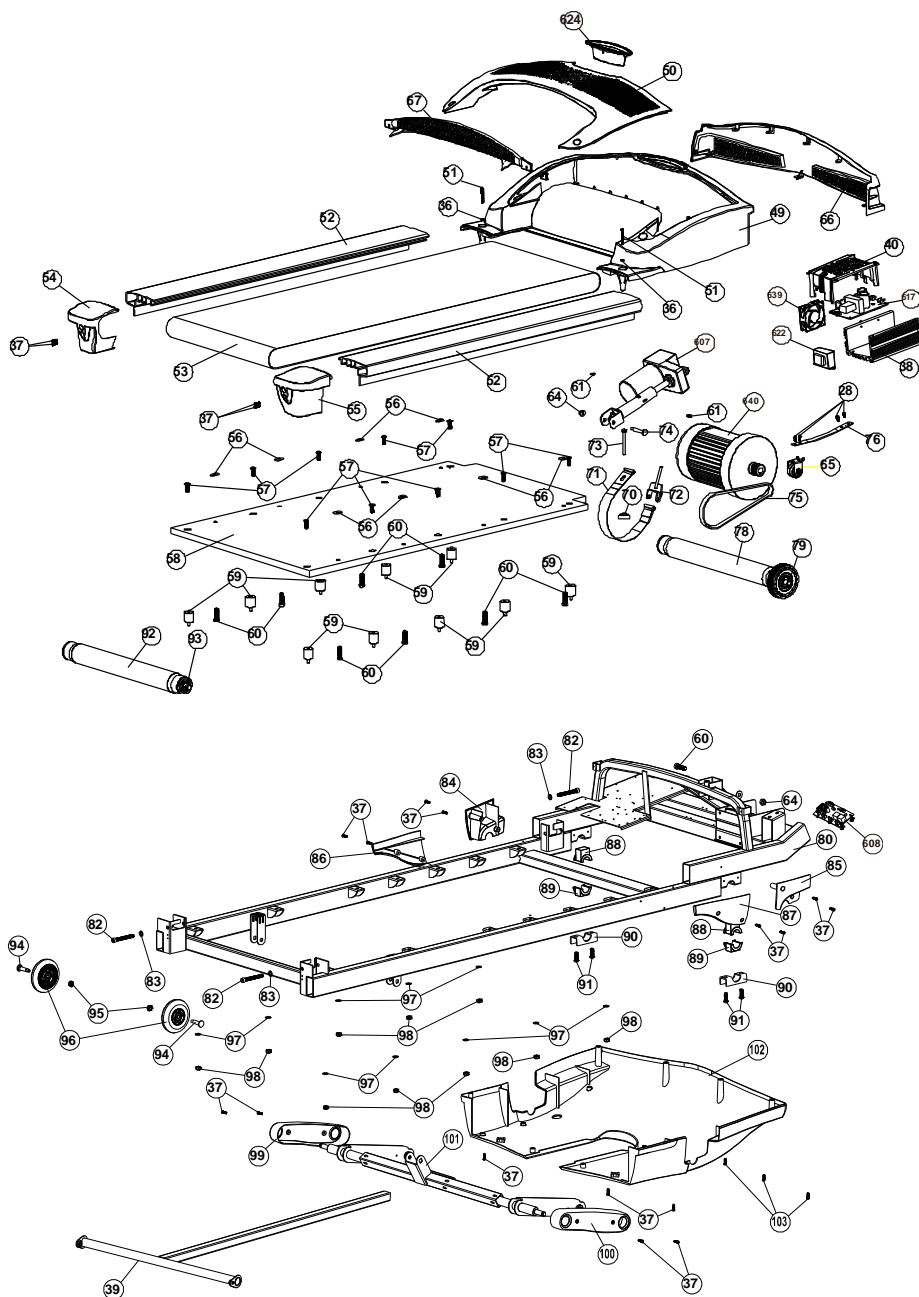


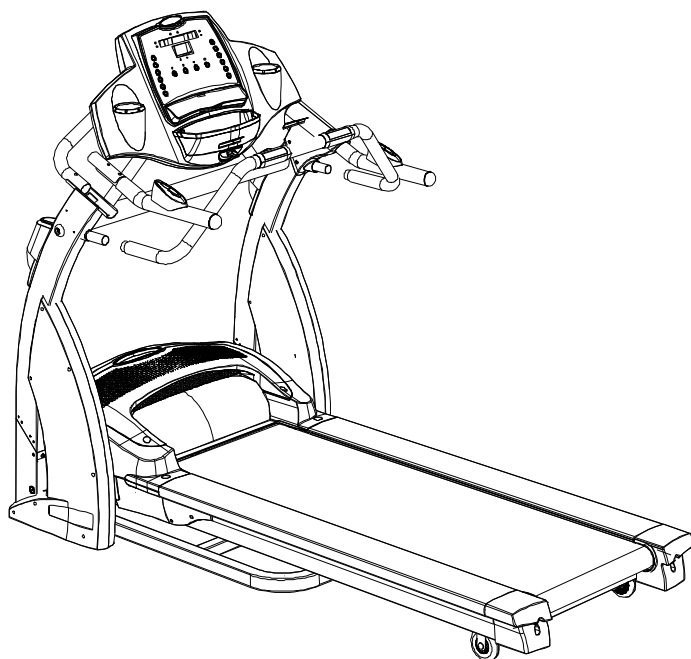
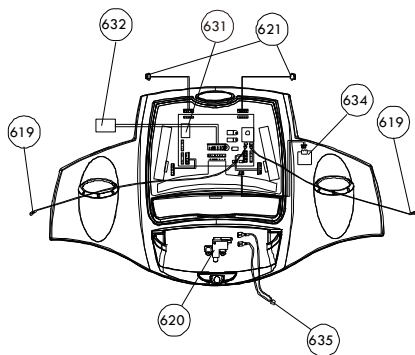
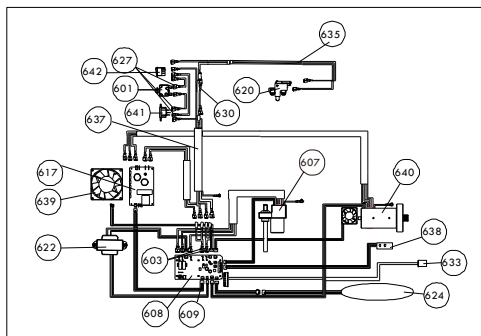
GB: Lift the deck from the rear so that the treadmill rests on the front transportation wheels.



GB: Roll to a desired location.







Spare Part List		
Part No.	Part name	Quantity
T9.5-002	Safety Key	1
T9.5-003	Cross Brace	1
T9.5-004	M6x55mm Bolt	4
T9.5-005	Console Support Tube	1
T9.5-007	Fixing Plastic	4
T9.5-008	#8x16mm Screw	20
T9.5-009	#8x25mm Screw	6
T9.5-010	Handlebar Cover – LL	1
T9.5-011	Handlebar Cover – LR	1
T9.5-012	Handlebar Cover – RL	1
T9.5-013	Handlebar Cover – RR	1
T9.5-014	Handlebar Grip	2
T9.5-015	Handlebar	2
T9.5-016	Hand Pulse Sensor	2
T9.5-017	Handlebar End Cap	2
T9.5-018	M8x95mm Bolt	2
T9.5-019	Left Upright	1
T9.5-020	Right Upright	1
T9.5-021	Shaft 13 x 56mm	2
T9.5-024	M10x20mm Flat Head Bolt	4
T9.5-025	M6x15mm Allen Head Bolt	2
T9.5-026	Adjustable Cylinder	2
T9.5-027	Upright Support Tube	2
T9.5-028	M8x15mm Allen Head Bolt	8
T9.5-029	M6x55mm Allen Head Bolt	2
T9.5-030	M14x113mm Bolt	2
T9.5-031	Bushing	4
T9.5-032	Stabilizer	4
T9.5-033	Base Frame	1
T9.5-034	Running Deck Fixed Tube Sleeve	2
T9.5-035	Cushion	2
T9.5-036	6x13mm Washer	6
T9.5-037	#8x15mm Screw	32
T9.5-038	Motor Control Board Radiator	1
T9.5-039	Deck Fixing Tube	1
T9.5-040	Motor Control Board Cover	1
T9.5-041	Upright Plastic Shroud – LL	1

T9.5-042	Upright Plastic Shroud – LR	1
T9.5-043	Upright Plastic Shroud – RL	1
T9.5-044	Upright Plastic Shroud – RR	1
T9.5-045	Side Cover - Left	1
T9.5-046	Side Cover - Right	1
T9.5-047	Power Switch Set	1
T9.5-048	M5x10mm Screw	2
T9.5-049	Motor Hood	1
T9.5-050	Top Maintenance Cover	1
T9.5-051	#8x50mm Screw	2
T9.5-052	Side Rail	2
T9.5-053	Running Belt	1
T9.5-054	Rear End Cap – Left	1
T9.5-055	Rear End Cap – Right	1
T9.5-056	Fixed Block	8
T9.5-057	M8x25mm Bolt	10
T9.5-058	Running Deck	1
T9.5-059	Deck Rubber Cushion	10
T9.5-060	M10x35mm Bolt	9
T9.5-061	M5x15mm Bolt	2
T9.5-064	M10 Nylon Nut	2
T9.5-065	Tension Wheel	1
T9.5-066	Front Vent Cover	1
T9.5-067	Rear Vent Cover	1
T9.5-070	Roller Carbon Brush	1
T9.5-071	Motor Holder	1
T9.5-072	Motor Holder Adjustment	1
T9.5-073	M10x70 mm Bolt	1
T9.5-074	M10x63mm Bolt	1
T9.5-075	Motor Drive Belt	1
T9.5-076	Tension Wheel Bracket	1
T9.5-078	Front Roller	1
T9.5-079	Front Roller Shaft	1
T9.5-080	Deck Frame	1
T9.5-082	M8x70mm Bolt	3
T9.5-083	8x16xT2.0 Washer	3
T9.5-084	Motor Hood Side Cover – Left	1
T9.5-085	Motor Hood Side Cover – Right	1
T9.5-086	Frame Side Cover – Left	1

T9.5-087	Frame Side Cover – Right	1
T9.5-088	Plastic Clamp – Top	2
T9.5-089	Plastic Clamp – Bottom	2
T9.5-090	Plastic Clamp Bracket	2
T9.5-091	M8x25mm Screw	6
T9.5-092	Rear Roller	1
T9.5-093	Rear Roller Shaft	1
T9.5-094	M8x43mm Bolt	2
T9.5-095	M8 Nylon Nut	2
T9.5-096	Deck Wheel	2
T9.5-097	Deck Spring Washer	10
T9.5-098	M8 Nut	10
T9.5-099	Elevation Support Tube Side Cover - Left	1
T9.5-100	Elevation Support Tube Side Cover - Right	1
T9.5-101	Elevation Support Tube	1
T9.5-102	Motor Belly Pan	1
T9.5-103	#8x35mm Screw	3
T9.5-104	M6x15mm Allen Head Bolt	1
T9.5-105	12x5xT1.0mm Washer	8
T9.5-106	Upright Cover	2
T9.5-107	M6x10mm Screw	2
T9.5-108	Front Handle bar	1
T9.5-109	Metal Cap	2
T9.5-110	M8x55mm Flat Head Bolt	6
T9.5-116	EVA Foam	1
T9.5-117	Console Housing - Top	1
T9.5-118	Water Bottle Holder	2
T9.5-119	Gloves Compartment	1
T9.5-120	Console Housing - Bottom	1
T9.5-121	4x12mm Screw	4
T9.5-131	M10x20mm Flat Head Bolt	4
T9.5-132	12x5xT1.0 washer	8
T9.5-133	M6x15mm Screw	1
T9.5-134	Speed Sensor	1
T9.5-135	Shock	1
T9.5-136	M10x30mm Allen Head Bolt	2
T9.5-137	M10 Nylon Nut	2
T9.5-314	Console Plastic Cover	1
T9.5-602	Hand Pulse Sensor Wire – Lower	2

T9.5-603	Power Connection Wire	2
T9.5-607	Elevation Motor	1
T9.5-608	Transfer Board	1
T9.5-609	3 Pins Power Connection Wire	1
T9.5-610	Motion Control Sensor Wire – Lower	1
T9.5-611	Button Overlay	1
T9.5-617	Motor Control Board	1
T9.5-619	Hand Pulse Sensor Wire – Upper	2
T9.5-620	Micro Switch	1
T9.5-621	Motion Control Sensor Wire – Upper	2
T9.5-622	Main Transformer	1
T9.5-624	Logo Light Bracket	1
T9.5-626	Computer	1
T9.5-627	Power Connection Wire	3
T9.5-628	overlay	1
T9.5-629	Motion Control	2
T9.5-630	2C Power Connection Wire	1
T9.5-631	Motion Control PC Board	1
T9.5-632	8 Pins Computer Wire – Upper	1
T9.5-633	8 Pins Computer Wire – Lower	1
T9.5-634	Receiver	1
T9.5-635	Safety Wire – Upper	1
T9.5-637	Safety Wire – Lower	1
T9.5-639	Motor Control Board Fan	1
T9.5-640	Driving Motor	1
T9.5-643	Soft Touch Keypad Overlay	1

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